

NUTRITION

Exciting times

We live in exciting times when it comes to nutritional advice.

Gone are the days when people can get away with saying kale or blueberries or spirulina or dairy or coconut oil or whatever else 'they' are claiming to be awesome for everyone, is in fact awesome for everyone.

The best nutritional regime for one person is unlikely to be the same for another, which is why we don't dish out one diet, or way of eating, for all our 20 Week Challenge entrants.

What is best for you will change with your stage in life, medical conditions, genetics, gut health, intolerances, where you live, your stress levels, exercise levels, whether you are prone to depression, have vitamin and mineral deficiencies, what illnesses you've had and those you're likely to get and a whole host of other factors.

While some generic nutritional advice is awesome and very useful and included in our Winner's Guide, lots of generic advice isn't, especially when it comes to 'blanket' one size fits all diets, supplements, protein shakes, super-foods and the like.

But, and this is where it gets exciting, it's getting easier, more affordable and more accessible, to better understand your needs and to receive personalized, expert, nutritional advice.

Doing a thorough recall is a piece in the jigsaw of what can help when personalizing nutritional advice, similar to how fitness testing allows for personalised exercise advice.



7 Day Dietary RECALLS

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A study of more than 1500 overweight individuals showed that those who kept a food diary every day shed twice as many kilograms as those who didn't.

Benefits of recalls

If improving your nutritional intake is important to you, for whatever reason, whether it's to improve your energy levels, sleep better, lose weight, put on muscle or just be healthier then know that doing a dietary recall can help you achieve your goal.

Recalls show exactly what's going on and allow you and the experts around you to tweak things and/or look at other factors that may be effecting your health with a lot more certainty which at the end of the day, means reaching your goals faster.

How to do a recall

1. It's all in the detail so include lots of it! As an example, if you had 'a sandwich' put down what time, the type of bread, everything that was in it, including spreads, salt and pepper etc. If you had coffee before your sandwich how long before it? Did you drink a glass of water with lunch? A full 250 ml glass or just a few sips?

2. Do for 7 consecutive days.

The best recalls are done for a whole week, so as to include weekends and weekdays.

3. Fill out your recall on the same day.

Studies show our recall ability isn't anywhere near as accurate the day after, so aim to fill it out as the day goes on or each evening.

4. Diarize to do another one in week 16 - 20 of the 20 Week Challenge for comparative purposes.

5. Be honest. It's the only way to make truly awesome improvements. Rest assured we all have 'bad' days but me having a binge on hot chips, is different to having a binge on ice-cream or Coke and that's also going to make a difference with how it's dealt with.

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Where to record it

For our purposes we're going to encourage you to do your recall on old fashioned paper and not in an app.

As clever as many apps seem to be they often throw a bunch of information back at users which isn't helpful or even right and as such, in my opinion, do more damage than good.

So this time at least, record your intake on paper, or in an excel spreadsheet and let it be untainted by the opinions of an app developer.

You'll also be able to add notes to it, forward to others for consideration, and it will be free free free.

What else to record

Other factors can impact and be impacted by our eating habits. Accordingly, it can be worth recording those as well. For instance:-

1. Hours slept.
2. Energy levels.
3. Type and duration of exercise.
4. Bowel movements - loose, normal, constipated etc
5. *Total* fruit, vegetables and glasses of water each day.
6. The environment you ate in for example were you with friends, at a social function, alone, in front of the TV, in the car etc.
7. Anything else you'd like to keep track of for 7 days. For example pain levels, blood pressure, whether you laughed, stretched, felt stressed or relaxed.



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When not to do a recall

Don't do a dietary recall if you know that doing it will send you on a downward spiral of counting calories, feeling bad or otherwise negatively impact your situation.

Another option for people negatively affected by dietary recalls is to do partial ones, focusing on one aspect they would like to improve upon. They might, for instance, just record the amount of vegetables they have.



This template is for one day. Energy levels can be marked throughout day as 'high', 'medium', low or 1- 10, 10 being high.

Date

Day No.

Hours slept night before

Time

Food/Drink - include portion size

Exercise

Energy

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Total fruit =
Total vege =
Total water =

Total hours slept =
Bowel movements =

Comments =